

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 8: Percent of Children Meeting Fruit and Vegetable Recommendations (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Children Meeting Fruit and Vegetable Recommendations, Percent			
	2+ Servings of Fruits and Juices	3+ Servings of Vegetables and Salads	Both 2+ Servings of Fruits and 3+ Servings of Vegetables	5+ Servings of Any Fruits and Vegetables
Total	57	17	11	24
Gender				
Males	57	17	10	24
Females	58	17	13	24
Ethnicity				
White	50 *	13	7 *	20 *
African American	70	18	18	39
Latino	61	20	14	26
Asian/Other	59	16	11	19
Income				
≤\$19,999	72 **	20	14	29 **
\$20,000 - \$49,999	60	17	12	30
≥\$50,000	52	15	10	19
Federal Poverty Level				
≤ 185%	64 *	18	13	31 **
> 185%	54	16	11	20
Food Stamps				
Yes	82 **	29	26 **	50 ***
No	56	16	11	23
Overweight Status				
Not at Risk	56	16	12	21 *
At Risk/Overweight	60	19	12	29
Physical Activity				
≥60 minutes	57	20 **	13	27
<60 minutes	57	12	10	20
School Breakfast				
Yes	76 ***	26 **	22 ***	38 ***
No	53	15	9	21
School Lunch				
Yes	58	19	13	25
No	56	14	10	22
Nutrition Lesson				
Yes	55	17	12	23
No	60	16	11	25
Exercise Lesson				
Yes	56	17	12	23
No	60	17	11	26

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001